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Robin Kuniski
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Canada pg 8

Feds consider axing oilsands tax support

Food pg 21



Take a big bite out of summer

Celebrity Buzz pg 26

Judge rejects Lohan's plea



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Montreal Canadiens Scott Gomez, left, and Hal Gill watch as the Philadelphia Flyers celebrate after Game 5 of the NHL Eastern Conference finals yesterday in Philadelphia. The Flyers won 4-2 and took the series 4-1. **Story, page 18.**

Calgary kayaker dies after waterfall plunge

Festival participant was trapped under water in Crowsnest Pass

KATIE TURNER
 for Metro Calgary

Festival

Kayak festival organizers are reeling after a Calgary participant in this weekend's Three River Whitewater Rendezvous died after attempting to go over a 12-metre waterfall in the Crowsnest Pass.

Jaron Kooperberg, 29, had spent the weekend kayaking in the festival until Sunday evening, when he and his brother decided to venture away from the group, explained festival organizer Chuck Lee.

"The trip was done, everybody else was head-

The Three River Whitewater Rendezvous:

- Takes place on the Oldman, Castle and Crowsnest rivers.
- Has been running for 12 years.
- Involves everyone from children to seniors.

ing back to the campsite for dinner, and they decided to stop off and do this," said Lee. "Other people had been doing (Lundbreck Falls) all weekend long."

Kooperberg was in the festival's advanced group

and had five or six years of kayaking experience, according to RCMP Const. Melanie Sokoloski.

"It sounded like he was pretty confident in his abilities and did this often," she said.

After going over the waterfall, Kooperberg was trapped under the water for five to 10 minutes. EMS was called, but attempts to revive him failed and he was pronounced dead at the Pincher Creek Hospital.

Festival organizers were informed of the accident, but didn't know right away who was involved or the extent of the injuries, Lee

explained.

"Our hearts go out to the family," said Lee. "We're very sad about this incident."

The conditions of the waters above Lundbreck Falls this weekend may not have been ideal, according to police. With spring runoff and recent rains and snow, the water is moving a lot faster and is deeper than normal, Sokoloski said.

An autopsy is scheduled this week in Calgary.

No charges are being contemplated in the incident, Sokoloski said.

WITH FILES FROM
 THE CANADIAN PRESS

Booze ban at parks does the trick: RCMP

KATIE TURNER
 for Metro Calgary

HOLIDAY While temporary liquor bans and cool weather may have made this a poor May Long for campers, RCMP are pleased with how the long weekend unfolded, according to a spokesperson.

Sgt. Patrick Webb said the liquor ban that was enforced at 10 provincial parks was effective in helping to subdue rowdy campers.

"Our weekend has been extremely good," he said. "The volume out in some of those parks has been down, looks like maybe 40, 50 per cent, so huge reduction in the numbers of people out there."

Although the number of campers may have been down, Webb said RCMP numbers increased provincewide from around 300 to 360. He added that along with increased enforcement, the weather played a large role this weekend.

"This weekend with the colder and wet weather, a lot of people either decided not to go out there or came back early."

RCMP have yet to release the number of arrests and tickets issued this weekend, but Webb said that there were no major incidents to report.

"We don't want to wreck weekends, we just simply want people to enjoy it safe and sound," said Webb.

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3

Local



Presumed Innocent author set for talk

Bestselling novelist Scott Turow, author of *Presumed Innocent*, will be in Calgary this Thursday at the Central Library's John Dutton Theatre at 616 Macleod Tr. SE to discuss law, the courts, the mystery of writing and his new book *Innocent*. For tickets and information call WordFest at 403-237-9068.

METRO CALGARY

Pocklington makes plea deal: Reports

AGREEMENT News reports say Peter Pocklington has reached a plea agreement with U.S. authorities in a bid to avoid jail time.

The former owner of the NHL's Edmonton Oilers is pledging to turn over two of his five Stanley Cup rings, artwork and pay the U.S. taxes he owes.

Pocklington was facing two criminal charges for bankruptcy fraud and could have been sentenced to 10 years in prison.

THE CANADIAN PRESS



Environment Minister Jim Prentice announced a \$95.7-million investment for further improvements to aviation security to be phased in over the next five years.

\$95.7M for air security

Planes' cargo, handlers to be screened: Feds

PETER MCCARTNEY
for Metro Calgary



Oversight

• Most of the costs required will be by shippers. The government funds will be used for regulatory oversight, databases, inspections and international co-operation.

something that happens somewhere else to someone else," said Prentice.

"Today's announcement to enhance cargo screening is yet another step towards ensuring the safety and security of air travellers."

Seventy-five per cent of

airline cargo is loaded onto passenger planes, according to Prentice, so it is important to make sure it is secure.

Border Services and Transport Canada will oversee carriers to ensure that every piece of cargo will be screened either physically, with trained dogs, explosives detection tests, or X-rays.

"This will require air cargo companies to make additional investments," said Prentice, noting the value of air cargo shipments in Canada is \$96.5 billion annually.

Police checking for link between blast, fires

MCKENZIE LAKE Investigators are not ruling out the possibility that a small explosion in McKenzie Lake may be connected to a string of fires last weekend.

At around 4 a.m. on Sunday, police responded to a blast in the courtyard of Cardinal Newman Elementary Jr. High School, said acting Insp. Keith Cain.

"There was some aerosol canisters that were somehow grouped together and then somehow, I guess, ignited," said Cain, adding that the damage was estimated at \$300.

Last weekend, at least six trashcan fires, along with a classroom in Fish Creek Elementary were lit on fire in

Investigation

• No arrests have been made as of yet and acting Insp. Keith Cain was not aware of any suspects.

the community of Sundance.

Police are investigating whether the same culprits may be responsible for the McKenzie fire.

"This is different, but that's not to say that it couldn't be the same people involved," said Cain.

According to Cain, it's far too early in the investigation to tell whether schools are being targeted.

KATIE TURNER/FOR METRO CALGARY

Possible food-tampering reported

INCIDENT After a lull in cases, city police are investigating what may be another incident of food tampering.

According to reports, a package of ground beef bought from Buy-Low Foods in the city's northeast contained a piece of metal.

Police were contacted Saturday after a customer returned the meat to the 52nd Street NE location where it was purchased.

"This is a terrible situation and we at Buy-Low take matters like this very

seriously," the company's president Dan Bregg told Metro.

Acting inspector for the Calgary Police Service Keith Cain said he could not comment on whether the incident has been confirmed as food tampering.

"There's concerns that may come in and only a small percentage of them might be true food tampering," he said.

More than 12 food-tampering incidents have been reported in Calgary in 2010.

KATIE TURNER/FOR METRO CALGARY



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CalgaryTweets

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49 minutes in construction on east bound highway #1 through Banff. Hopefully that's the last of it, in the homestretch now #yyc @t_stark_calgary what a great long weekend #yyc, i hope everyone stayed safe and is looking forward to the shortened work week #BBQ steak tonight!

@MichelleLem Happy #VictoriaDay #yyc! Hope you're all celebrating by listening to some Posh Spice and parading around the streets in lingerie

@holdencalgary Co-op car wash on 85th street is by far the slowest in #yyc. Just ate a full 9" pita and a bottle of water in lineup, still 3 cars to go.

metronews.ca

What's online today.

Blogs Global Peasant rekindles her romance with a little-used kitchen utensil and Sexcetera touches on the thorny issue of religion and marriage.

Lotteries

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These results are not official.

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Woman's family holds vigil at spot she was killed

HOMICIDE Teary-eyed family members gathered at an Edmonton transit station yesterday afternoon, visiting the spot where 23-year-old Heather Rae Thurier was shot dead Friday night.

The woman's sister, Nicole Gladue, was joined by several other family members who brought pictures and memories of Thurier.

"I promise you I will do my best to get your kids and take care of them," said Gladue.

Thurier, a mother of two young children, was shot Friday night on Edmonton's north side.

THE CANADIAN PRESS

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A Canadian journalist wounded during last week's violence in Bangkok is making good progress, family members said Sunday. Chandler Vandergrift, 37, of Calgary, is recovering after being hit in the chest and head by shrapnel during clashes between Thai troops and anti-government protesters. **THE CANADIAN PRESS**

Two wheels, two trailers

That's all Joe Nunn needs for his mobile bike garage

JESSICA PICHE
for Metro Calgary



Many Calgarians bike to work. But Joe Nunn's bike is his work.

A bicycle rigged with two trailers and plenty of extra equipment, Nunn's office is on wheels. Setting up on Bow Trail, Joe's Garage is a mobile bike repair shop.

Now in his fourth season, Nunn first ran his shop in Toronto before heading to Calgary.

A fully licensed business, Nunn said he likes "that there's no overhead. There's no high rent, no hassle of hiring or firing employees."

"Doing it on my own is nice," he said.

Nunn's equipment evolved over time from one trailer and toolbox to an estimated 900 pounds. He offers quick repairs, such as tightening bolts, for free. He will also lend people his spare tools if they know what they're doing.

"Both because of the economic and fitness aspects, it seems to be getting more popular."

Joe Nunn on the increasing popularity of bicycling

Bad weather is the biggest challenge Nunn has to face. A sudden storm with winds gusting over 100 km/h once had him literally hanging onto his tent to keep it from flying away.

Nunn said the biking community is growing every year. "Both because of the economic and fitness aspects, it seems to be getting more popular," he said. "I think it's a wonderful idea," said passerby Kathy. "It makes sense to be right here where and when we need him."

Prices, hours of operation and more can be found at joesgarage.mobi.

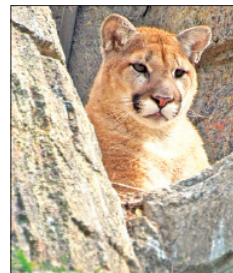


Joe Nunn of Joe's Garage takes a break from fixing bikes on the Bow Trail pathway.

Cougars getting to know new surroundings at Calgary Zoo

WILDLIFE One year after a bullet felled their mother and left them orphaned, two young cougar siblings are getting a fresh start exploring their new habitat at the Calgary Zoo. Visitors can find the brother and sister duo adjusting to their new home in the Canadian Wilds exhibit.

"Cougars are pretty elusive and so while it might take a little patience to see them, they are beautiful animals and we hope that our visitors enjoy the opportunity to see them," said Bob Peel, curator for the Canadian Wilds. Their shyness is understandable after the journey the pair went through to get to the zoo. After being found orphaned in the Powell River area of



One of two orphaned cougars who are exploring their new home at the Calgary Zoo.

B.C. the five-month-old cougars lived for nine months in a wildlife shelter in Smithers, B.C., until they were moved to the zoo's Animal Health Centre in March.

METRO CALGARY

News in brief

CHARGES Police have charged a man following a stabbing Saturday. Jimmie James Tylee, 26, was charged with aggravated assault, assault with a weapon, and possession of a weapon dangerous to the public. Police said at about 9:30 p.m. a man

who was walking near the 100 block of 36 Street SE was approached by three men. Tylee allegedly stabbed the victim and the three fled the scene, only to be picked up by police an hour and a half later on 10 Street.

METRO CALGARY



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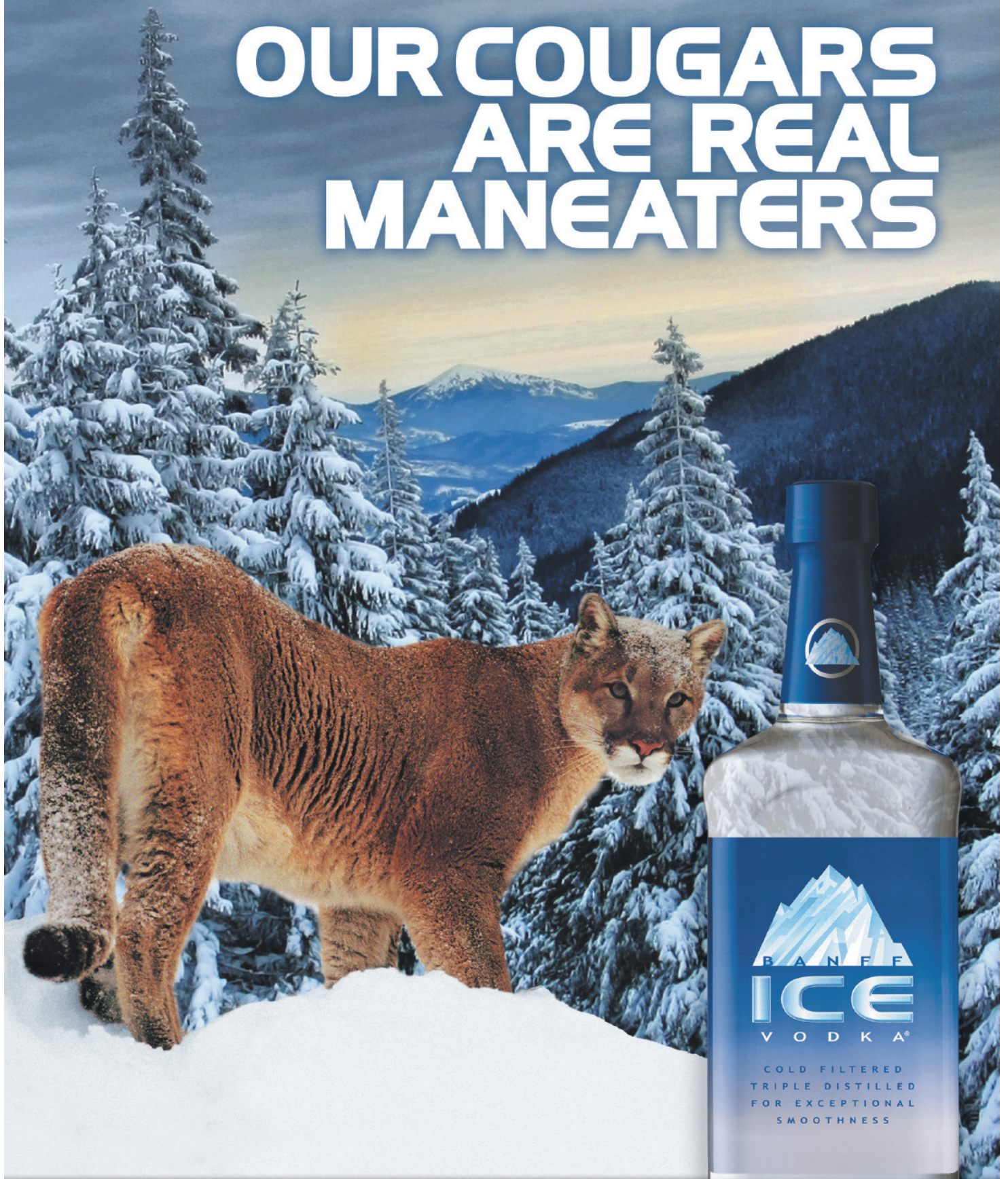
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Property tax bills for 425,000 Calgary homes were mailed last Friday. Property owners should expect to receive their bill within the next week. Taxes are due June 30, with a seven per cent penalty applied to any unpaid portion on July 1 and then again Oct. 1. **METRO CALGARY**

Police in search of mugging suspects

CRIME Calgary police are looking for up to four men involved in an early Friday mugging in NW Calgary.

Police say three masked men approached two men leaving their apartment complex at 2800 Edenvale Heights NW around 7:15 a.m. One victim was detained in the vehicle, while the other was forced to turn over cash.

The offenders fled in a large, light-coloured pickup truck driven by a fourth person.

Police are asking anyone with information to call 403-266-1234.

METRO CALGARY

News in brief

THEFTS Banff RCMP are looking for two men who stole two automated banking machines in the last two months. One was stolen from the Banff Gondola building April 21 using an early model black and grey Dodge Dakota, the other on Saturday from the Magpie and Stump tavern. Anyone with information can call Crime Stoppers at 1-800-222-TIPS.

METRO CALGARY

NWMP celebrates 137th

Fort Calgary plays host as force recognizes anniversary

JESSICA PICHE
for Metro Calgary



A ceremonial sword cut a special birthday cake yesterday morning.

The 137th anniversary of the formation of the North West Mounted Police was celebrated at Fort Calgary with cake, educational activities and face painting. Recognized annually on Victoria Day, the event brought together residents, tourists and retired NWMP officers.

According to Nicky Peeters, special events and marketing co-ordinator, "the day is a fun way to bring attention to this important day in our history."

Dal Lagenberger of High River was one of the retired NWMP officers volunteering to help with the event.

Lagenberger served with the NWMP for 27 years. "When I was seven or eight, I decided I wanted to

"The day is a fun way to bring attention to ... our history."

Nicky Peeters

be a policeman," he said. "I joined the Mounted Police since I was from a small town and they were the local police."

Lagenberger served throughout Alberta, from Fort Vermillion to Lethbridge. "We dealt with the full spectrum of crime, from murder investigations to theft to traffic control," he said.

"I really enjoyed my career."

Also on site was the Raven Totem Pole from Jasper, as it makes its way back to the Haida people of Masset, B.C. After 94 years of standing in the park, it was lowered due to safety hazards.

Visitors can view the totem pole until May 30.



Retired members of the NWMP cut into their 137th anniversary cake with a ceremonial sword yesterday at Fort Calgary.

Cops call for clues in Louis Vuitton robbery

BANFF Two minutes was all it took for thieves to steal \$60,000 of Louis Vuitton merchandise from a Banff location Thursday, now RCMP want information to help retrieve it.

Two men broke into a vacant store in the Cascade Plaza early that morning and through it gained entry into the high-end retailer.

They filled two duffel bags and a backpack with merchandise and fled the scene.

Police are circulating video surveillance photos of the two men and if the public has any information regarding the incident they're asked to call Banff RCMP at 403-763-6600 or Crime Stoppers at 1-800-222-TIPS.

METRO CALGARY

News in brief

FATAL CRASH Two men involved in a weekend car wreck near Edmonton died in hospital as a result of their injuries. The collision at the intersection of Highway 770 and Highway 627 involved a truck and a car. **METRO CALGARY**

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Canadian travellers are being advised not to visit Kingston, Jamaica, after at least three people were killed in an outbreak of violence by suspected supporters of an alleged drug lord who faces extradition to the United States. **THE CANADIAN PRESS**

Canada



'Prince of Pot' pleads guilty

Marijuana activist Marc Emery, left, has pleaded guilty in a Seattle federal court to drug distribution. Canada's so-called "Prince of Pot" admitted to the charge after reaching a plea agreement with American prosecutors and is expected to receive a five-year prison term. The 52-year-old was handed over to U.S. authorities Thursday after the federal justice minister ordered his extradition early last week.

THE CANADIAN PRESS

News in brief

DEATH Another Canadian soldier has been killed in Afghanistan. Trooper Larry Rudd, 26, was killed by an improvised explosive device at 12:30 p.m. local time yesterday near the village of Salavat, about 20 kilometres southwest of Kandahar city. His death is the fourth of a Canadian military member in Afghanistan this month. It comes less than a week after Col. Geoff Parker was killed in a suicide car bombing in Kabul last Tuesday.

POLITICS Another confrontation is brewing between the Harper government and opposition parties, with the Conservatives banning political staffers from appearing before parliamentary committees. The Conservatives are expected to unveil a new policy on the issue today, when Parliament returns from a one-week break, said a spokesman for the prime minister.

THE CANADIAN PRESS

Ottawa Deep recovery



An Ottawa police diver with the Underwater Search and Recovery Unit follows a marker where friends last saw a 26-year-old man swimming in the Ottawa River at Petrie Island near Ottawa yesterday. The man was reported missing after he went swimming near the shore shortly after noon. His body was recovered five hours later.

PHOTO BY JEFFREY M. HARRIS FOR THE CANADIAN PRESS

Feds mull axing tax breaks for oil sector

Canada is contemplating taking the lead on a key G20 pledge by announcing the elimination of some tax breaks for the oil patch prior to the June summit in Toronto, The Canadian Press has learned.

G20 leaders agreed last September in Pittsburgh they would reduce distorting fossil fuel subsidies over the medium term and pledged to present concrete national plans in Toronto.

But sources say Ottawa wants to get ahead of the pack. They say senior officials are studying a proposal that would see Ottawa announce plans to reduce tax support for the oil and gas sector prior to the sum-

mit. At stake is hundreds of millions of dollars in foregone tax revenue every year, sources say.

"This is unilaterally in our interest to do this, so let's just do it," said one insider.

In the meantime, negotiators have agreed how best to define what a constitutes a fossil fuel subsidy. While some G20 countries have argued that only consumption subsidies be targeted, others insisted, successfully, that production subsidies also be included.

Since Canada encourages fossil fuel production

mainly through the federal and provincial tax systems, Ottawa is on the hook, says Mark Halle, executive director of the International Institute for Sustainable Development. The IISD, based in Geneva, has used its research to support the G20 negotiations on fossil fuel subsidies.

THE CANADIAN PRESS



Canadian in Bangkok among wave of reporters taking lumps in global hot spots.

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Kristy, Bow Valley College Researcher (and Jax)

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Body found in Lake Ontario

Toronto police have been in touch with other police forces as a coroner **canada 9** chipped away at the concrete-encased body found in Lake Ontario on Sunday. **THE CANADIAN PRESS**

Walkerton teenager healthy 10 years on

News photo showed impact of tainted tap water

Perhaps more than any other image, the newspaper picture of a little girl on a stretcher next to a wide-eyed teddy bear jolted the outside world to the magnitude of the unfolding tragedy that was Walkerton 10 years ago.

Her small pale face shows distress and fear as she is carried to an air ambulance for a flight to hospital and into the unknown.

"I was really sick, not feeling good — and scared," says Tamara Smith, the five-year-old girl on the stretcher.

"I didn't know what was going on."

Today, Tamara is a healthy 15-year-old.

Her two-week hospital stay is a slowly fading



Five-year-old girl Tamara Smith lies with her teddy bear as she is taken to an evacuation helicopter in Walkerton, Ont., Thursday May 25, 2000. Inset: A healthy Tamara Smith, 15, is seen in Walkerton, Ont. this month.

memory, much like the clipping of that iconic photograph her dad, Brad Smith, still carries in his wallet. But she cannot forget.

"I talk about it with my friends sometimes. I talk about it with my mom and

dad a lot."

Tamara was one of 2,500 people sickened by tainted tap water in the midwestern Ontario town of 5,000 over the May long weekend exactly a decade ago. Seven people died.

THE CANADIAN PRESS

News in brief

MILITARY NATO officials ordered a British blog entry pulled down yesterday after it

reported that Canadians and Americans were among more than a dozen coalition troops

wounded in a Taliban rocket attack at Kandahar Airfield.

THE CANADIAN PRESS

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Nine face arraignment over accessing Obama's student loan records
Nine people accused of accessing U.S. President Barack Obama's student loan records in Iowa are to be arraigned on federal charges. **THE ASSOCIATED PRESS**

World



Fergie's folly caught on tape

A spokeswoman says Duchess of York Sarah Ferguson is devastated after she was secretly recorded apparently offering to sell access to her ex-husband Prince Andrew in return for 500,000 pounds (about \$725,000). The tabloid News of the World posted video on its website Sunday that appears to show Ferguson, left, discussing payment terms. She is heard to say "500,000 pounds when you can, to me, open doors."

THE ASSOCIATED PRESS



Relatives of passengers who died in Saturday's Air India Express plane crash attend their funeral in Mangalore, India, yesterday.

Human error may have caused crash

INDIA Human error might have caused the crash of an Air India Boeing 737-800 plane that killed 158 people over the weekend, India's civil aviation minister said yesterday.

Weather conditions and other factors at the time the plane reached its destination "looked absolutely normal for a regular touchdown and a safe landing," Civil Aviation Minister Praful Patel told the CNN-IBN

television news channel.

"You can't rule out a human error factor," Patel said.

Only an inquiry could establish what exactly went wrong as the aircraft overshoot the hilltop runway and crashed and plunged over a cliff and into a ravine at dawn Saturday on the outskirts of the southern Indian city of Mangalore, he said.

THE ASSOCIATED PRESS

'Critical turning point'

South Korea won U.S. support yesterday for slashing trade to North Korea and vowed to haul its communist neighbour before the UN Security Council for a torpedo attack that sank a South Korean warship and killed 46 sailors.

UN Secretary-General Ban Ki-moon said he expects the Security Council to take action against North Korea, calling the evidence that the North was responsible "overwhelming and deeply troubling."

President Lee Myung-bak laid out the economic and diplomatic measures aimed at striking back at the impoverished North, including halting some trade and taking the regime before the Security Council.

International investigators concluded last week that a torpedo from a North

Canada acts

Canada is imposing sanctions on North Korea for the sinking of a South Korean naval vessel in March. Prime Minister Stephen Harper said

in a statement yesterday that the sanctions will include enhanced restrictions on trade, investment and other bilateral relations.

Korean submarine tore apart the warship Cheonan on March 26 in the Yellow Sea off the west coast in one of South Korea's worst military disasters since the 1950-53 Korean War.

"We have always tolerated North Korea's brutality, time and again. We did so because we have always had a genuine longing for peace on the Korean peninsula," Lee said in a solemn speech at the War Memorial. "But now things are different. North Korea will pay a price corresponding to its provocative acts," he said,

calling it a "critical turning point" on the tense Korean peninsula, still technically in a state of war because the fighting ended in a truce, not a peace treaty.

The truce prohibits South Korea from waging a unilateral military attack, so Seoul sought to strike at Pyongyang's faltering economy. Despite their rivalry, South Korea has been Pyongyang's No. 2 trading partner.

THE ASSOCIATED PRESS

News in brief

OIL SPILL The U.S. officer overseeing the response to the devastating oil spill in the Gulf of Mexico said yesterday there would be nothing to gain by pushing BP aside. "To push BP out of the way would raise a question, to replace them with what?" Coast Guard Commandant Thad Allen said at a White House briefing. Amid mounting frustration over BP's inability to stop the leak that has befouled the Gulf for a month now, Allen insisted BP was "exhausting every technical means possible to deal with that leak." **THE ASSOCIATED PRESS**



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Study: U.S. child gun deaths equally common in rural, urban areas

A new study finds that children in the U.S.'s most rural areas are as likely to die by gunshot as kids in the biggest cities. **THE ASSOCIATED PRESS**

world **11**

Atop the world at 13

American teen becomes youngest to climb Mt. Everest

An eighth-grader from California who became the youngest climber to reach the top of Mount Everest said yesterday he hopes his achievement will encourage young people worldwide to dream big.

"I'm doing this to inspire other kids, hopefully across the world, to get outdoors and to set goals in life. I'm doing this to set an example for them," said 13-year-old Jordan Romero in an interview by satellite phone from the 6,500-metre Advanced Base Camp where his team had returned after reaching the top on Saturday.

On Saturday, Jordan succeeded in scaling the 8,850-metre peak, the world's highest, accompanied by a team that included his father, his stepmother and



In this photo taken Saturday, 13-year-old Jordan Romero, right, poses with a Sherpa guide on the summit of Mount Everest.

three Sherpa guides.

Before him, the youngest climber to scale Everest had been Temba Tsheri of Nepal, who reached the peak at age 16.

Jordan's success means he remains just one climb away from his overall quest

of reaching the highest peaks on all seven continents.

The final peak is the 4,900-metre Vinson Massif in Antarctica, which he hopes to tackle at the end of the year.

THE ASSOCIATED PRESS

News in brief

LONDON Britain's new coalition government outlined more than six billion pounds (\$8.7 billion) in spending cuts yesterday, including scaling

back computer purchases, official cars for ministers and first-class air travel, but warned that these are only first steps toward slashing the nation's

record budget deficit. Treasury chief George Osborne offered no news on possible tax increases.

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Comment

Chrétien still hanging around

NationalReport

Lawrence
Martin

metronews.ca/nationalreport

t's Jean Chrétien's day today. The old warrior's portrait, which is to be hung in the halls of Parliament, will be unveiled in a ceremony hosted by Prime Minister Stephen Harper tonight.

A safe bet is there will be a lot of Liberals in attendance wishing Chrétien was still around. "Ah, the good old days." That will be the phrase on everyone's lips as his three straight majority election victories are recalled.

His legacy is getting better with time, particularly on account of what has happened since he stepped down in 2003. The once proud party has staggered ever since. Paul Martin won a minority and then was defeated. Stéphane Dion took over and the

party declined further. Michael Ignatieff replaced Dion and the party's latest poll standing is at 25 per cent.

Three factors have been at the root of the Liberal decline. One was 9-11, which changed the personality of the times, hoisting the security agenda forever to the forefront. A second was the sponsorship controversy that happened under the Chrétien watch and cost the party a dozen points in the polls. The Liberals have yet to recover from that scandal. The

third factor has been the party's inability to find a leader who can catch on.

Chrétien's words today will be parsed for advice but he has no magic formula for getting the Grits on track. His former adviser, Peter Donolo, is now chief of staff to Ignatieff. There is no doubt the former prime minister has had an opportunity to offer his counsel.

One piece of encouragement Chrétien will be able to provide is a reference to his own experience. He served as opposition leader

for three years and had a terrible time almost every step of the way and won.

Another sign of hope is the party's major opponent isn't exactly setting the world on fire. Since coming to power in 2006, the Conservatives have averaged only about 35 per cent support in the polls. Try finding any other government in Canadian history with rankings that low for so long a period.

What helped Chrétien enormously was the roll of fortune. He knows well that you have to have

breaks to win in this game. He got his with the complete collapse of the Tory party in 1993.

The little guy from Shawinigan, however, had qualities the succeeding Liberal leaders have lacked. He was a strong character with homespun personal appeal. He embodied good old-fashioned Canadian grit.

Stephen Harper is seen as the guy with grit now.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Worth mentioning

Feds fighting against Net misinformation

The next time you post an opinion in an online forum or a Facebook group message board, don't be surprised if you get a rebuttal from a federal employee.

The government is looking for ways to monitor online chatter about political issues and correct what it perceives as misinformation.

The move started recently with a pilot project on the East Coast seal hunt. A Toronto-based company called Social Media Group

has been hired to help counter some information put forward by the anti-sealing movement.

The Department of Foreign Affairs and International Trade has paid the firm \$75,000 "to monitor social activity and help identify ... areas where misinformation is being presented and repeated as fact," Simone MacAndrew, a department spokesperson, wrote in an email.

The firm alerts the government to questionable

online comments and then employees in Foreign Affairs or the Department of Fisheries and Oceans, who have recently been trained in online posting, point the authors to information the government considers more accurate.

It appears to be just the beginning.

The seal hunt pilot project was set up in part "to establish foundations and recommendations for future programs and campaigns to use social media

as another way to listen to, inform and engage with Canadians," MacAndrew added.

For some, the move to online monitoring was to be expected.

"I think we're seeing the government recognize that millions of Canadians are actively participating online in social networks," said Michael Geist, a law professor at the University of Ottawa who specializes in Internet law.

THE CANADIAN PRESS



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Intel Corp., the world's largest chipmaker, is introducing a range of chips designed to power new thin and light laptop computers. The chips don't require as much power and generate less heat, enabling their use in machines with smaller batteries. About 40 new computers based on the chips will go on sale in early June. **METRO NEWS SERVICES**

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Into the boardroom

PETA stock-buying campaign takes protests to boardroom

An animal rights group known for sending out scantily clad demonstrators to protest fur and other provocative stunts has gained influence in boardrooms with a more traditional tactic: Buying company stock.

People for the Ethical Treatment of Animals has been buying shares for seven years and now owns a piece of at least 80 companies, including McDonald's and Kraft Foods.

It hopes to influence their animal welfare policies on such things as how chickens are slaughtered or buying pork from suppliers that keep pregnant sows in small crates.

By buying stock, PETA is guaranteed the right to

Two-way threat

• PETA campaigner Ashley Byrne said the company's attempt to work from within didn't signal an end to its more visible, and often outrageous, protests aimed at improving the condition of animals and encouraging people to stop eating meat.

present its ideas directly to officials and other shareholders, many of whom otherwise would likely pay little attention to the group.

"It gives us a new forum in which to present the research we've done to company executives, their shareholders and the public," said Ashley Byrne, a

senior campaigner for PETA.

PETA tries to negotiate agreements with companies behind closed doors, but if that fails, the group submits shareholder resolutions with its proposed changes at shareholder meetings.

Companies don't always change their policies, but Byrne said the effort has paid off.

After PETA bought stock, Safeway grocery stores and restaurant companies Ruby Tuesday, Sonic and Burger King agreed to give purchasing preference to suppliers that abide by what the group says are more humane rules, such as not confining chicken and hogs in small cages, she said.

THE ASSOCIATED PRESS

Internet marketing Google goes to the Mob



Omar Hamoui, founder and CEO of AdMob, poses at his company's offices in San Mateo, Calif., recently. Federal regulators are clearing the way for Google to buy the mobile ad service. Friday's Federal Trade Commission approval paves the way for Google to extend its dominance of Internet marketing into the wireless arena.

MARCO JOSE SANCHEZ/THE ASSOCIATED PRESS

Google hopes to 'bump' rivals in mobile markets

TECH It all comes down to "the five-finger scrunch."

In the multibillion-dollar high-stakes world of mobile computing, Google Inc. appears to be betting that cool little gestures like the scrunch will help it compete with Apple Inc.'s iPad and other mobile devices.

That's the view of analysts who follow the sector after watching Google pay an estimated \$30 million for Toronto-based startup

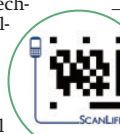
Bump Technologies Inc.

Bump invented and patented a new type of touch screen technology that allows users to interact with their files much the same way they do in real life, without using a keyboard or mouse.

Founder Anand Agarawala described it in a 2007 speech in Monterey, Calif., as taking computer

interfaces out of the "cave painting stage."

TORSTAR NEWS SERVICE



China moves closer to currency reform pact with U.S., but they won't do it for nothing.

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GOLD Speculators are buying gold faster than the world's biggest producers can mine it as analysts forecast a 26 per cent rally that may extend the longest run of annual gains since at least 1920.

Exchange-traded products backed by bullion added 42.5 metric tons in the week to May 14, according to data from UBS. China, Australia and the 16 other largest mining nations averaged weekly output of 42.3 tons last year, researcher GFMS Ltd. estimates. Even though prices have fallen 4.8 per cent to \$1,189.75 from a record \$1,249.40 an ounce May 14, the median in a Bloomberg survey shows it will reach \$1,500 by year's end.

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NASA has ended efforts to regain contact with its Phoenix Mars Lander near the red planet's north pole after repeated attempts to contact the lander were unsuccessful and an image taken by an orbiting spacecraft suggests severe ice damage to its solar panels. **THE ASSOCIATED PRESS**

Tories' green project panned

A major Yukon hydroelectric project that served as the showpiece for Prime Minister Stephen Harper's green stimulus fund will create few jobs and only theoretically cut greenhouse gases, according to two new territorial government reviews.

Proponents praise the \$160-million Mayo B project as a new source of clean energy made possible only

because of Ottawa's \$71-million contribution under the Green Infrastructure Fund.

The project promises to displace 10 per cent of the territory's reliance on dirty diesel energy, and provide power to new mines coming on stream. A new transmission line will also connect distant power grids.

Two territorial regulatory bodies finally gave the

green light to Mayo B this month as a good deal for consumers. But they also raised questions about the actual environmental and economic impacts of the project.

The Yukon Utilities Board noted there was no guarantee the project would actually replace diesel. Mining operations that were calculated in the planning haven't come on

stream yet, and one of them — Carmacks Copper — remains in limbo after failing to win its water licence from the territory.

The Yukon Electrical Company, which distributes power in the territory, has said it sees no evidence Mayo B will improve services for people in and around Whitehorse after transmission lines are connected.

THE CANADIAN PRESS

Former Hooters employee takes restaurant to court

LAWUIT Hooters is being served with a lawsuit by a former Detroit-area employee who says she was told to agree to lose weight or lose her job.

Cassandra Smith says Hooters violated Michigan law when it placed her on 30-day weight probation earlier this month. She resigned as a result.

Smith's lawsuit says she received good reviews

while working at the Roseville restaurant.

But on May 14, she says she was told to lose weight to improve her looks.

Smith says she weighs 132 pounds, 13 pounds less than when she was recruited in 2008.

Hooters of America says it has not seen the lawsuit but insists it doesn't enforce a weight requirement.

THE ASSOCIATED PRESS

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

5 golden rules for grads

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

Amid the euphoria of graduation — the cap tossing, the celebrations and the scramble for jobs — pause for a moment to consider your financial path.

The behaviours laid down during this next period are as critical to your future well-being as the first five years of life are to the development of young chil-

dren. If you are a new grad — or have one in the family — here are some tips to help you get the most out of the earning years without becoming a slave to debt.

1 Save: It doesn't matter if you have student debt, a car loan and a wardrobe to pay for, save a little something every month. It isn't

haviour. Even \$20 is a good start.

2 Increase: Each time your salary increases, increase your saving by the same percentage. Most do it the other way round. They increase spending first and often there's nothing left over to save.

3 Contribute: Take your savings and put half into an RRSP and half into a tax free

savings account (TFSA). Meagre though each deposit may be, it is, again, the behaviour that is critical. Over time you build the TFSA for emergencies and the RRSP for the golden years. If you don't need it, the RRSP deduction can be carried forward to reduce taxes when the dough

starts rolling in.

4 Use and Pay: Regular use of a credit card for purchases like gas or groceries will create good credit karma. The key is to pay it off every month. Look for a low or no fee card that offers loyalty points or some other perk. The points are great for gift purchases like movie passes or extras like a barbecue.

5 Budget: It may be boring, but a budget is a blueprint for your financial life. With a new job in hand and before you start spending, lay out your monthly costs. A template is available on my site, alisongriffiths.ca.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

Reaction overblown?

Sell in May and go away. If investors took this advice, they would be a lot better off today as the markets both here and in the U.S. have sold off tremendously over the last two weeks. The U.S. markets are down as much as 10 per cent (which by definition is a correction) while the Toronto stock market is off by about 6.5 per cent. Is this correction the start of a much bigger downward move? When will the selling end?

I believe this recent correction has been overdone. The issues in the European region are real, but I do not believe that the turmoil in Europe should have this much of an effect on the U.S. and Canadian markets. The amount of business the United States and Cana-

Investing

Allan Small

metronews.ca/investing

da does with Europe is not large in comparison with other regions. So why this overblown reaction?

In North America, we are seeing job growth, GDP growth, housing stability (in the U.S.) and companies reporting great first-quarter earnings. I think we will look back a year from now and see that this was just a correction on the way to higher markets.

Allan Small is an Investment Adviser with Dundee Securities Corporation. He can be reached at asmall@dundeesecurities.com

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Victoria native Steve Nash has a broken nose but says he doesn't expect it to be a problem for him in Game 4 of the Western Conference finals. The Phoenix playmaker sustained the slight fracture in a fourth-quarter collision with Derek Fisher in the Suns' 118-109 victory over the Los Angeles Lakers Sunday night. **THE ASSOCIATED PRESS**

Sports



Cavaliers cut coach loose

Mike Brown won everything in five years coaching the Cleveland Cavaliers. Everything, that is, except an NBA title. Brown, left, the most successful coach in franchise history, was fired yesterday after failing to win a championship with superstar — and soon-to-be free agent — LeBron James. Brown's dismissal had been expected since the Cavs were eliminated by the Boston Celtics in the second round of the playoffs. **THE ASSOCIATED PRESS**

EDITOR: DON.MCHOULL@METRONEWS.CA

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Philadelphia 4 Montreal 2 (Flyers win series 4-1)

PLAYOFF SCORING LEADERS

	G	A	Pt
Toews, Chi	7	19	26
Richards, Phi	6	15	21
Kane, Chi	7	13	20
Cammalleri, Mtl	13	6	19
Crosby, Pgh	6	13	19
Briere, Phi	9	9	18
Franzen, Det	6	12	18
PavelSKI, SJ	9	8	17
Giroux, Phi	8	9	17
Sharp, Chi	7	9	16
Gionta, Mtl	9	6	15
Samuelsson, Vcr	8	7	15
Zetterberg, Det	7	8	15
D.Sedin, Vcr	5	9	14
Pronker, Phi	4	10	14
H.Sedin, Vcr	3	11	14
Boyle, SJ	2	12	14
Gomez, Mtl	2	12	14
Marleau, SJ	8	5	13
Datsyuk, Det	6	7	13
Heatley, SJ	2	11	13
Letina, Phi	4	8	12
J.Thornton, SJ	3	9	12

NBA

YESTERDAY'S RESULTS

Orlando 96 Boston 92 (OT) (Boston leads series 3-1)

TODAY'S GAME

L.A. Lakers at Phoenix, 7 p.m.

BASEBALL

YESTERDAY'S AL RESULTS

Boston 6 Tampa Bay 1

Chicago White Sox 7 Cleveland 2

Toronto at L.A. Angels

YESTERDAY'S NL RESULTS

Cincinnati 7 Pittsburgh 5

TODAY'S AL GAMES

Chicago White Sox at Cleveland, 5:05 p.m.

Oakland at Baltimore, 5:05 p.m.

Boston at Tampa Bay, 5:10 p.m.

N.Y. Yankees at Minnesota, 6:10 p.m.

Texas at Kansas City, 6:10 p.m.

Toronto at L.A. Angels, 8:05 p.m.

Detroit at Seattle, 8:10 p.m.

TODAY'S NL GAMES

Atlanta at Florida, 5:10 p.m.

Philadelphia at N.Y. Mets, 5:10 p.m.

Pittsburgh at Cincinnati, 5:10 p.m.

L.A. Dodgers at Chicago Cubs, 6:05 p.m.

Houston at Milwaukee, 6:10 p.m.

Arizona at Colorado, 6:40 p.m.

St. Louis at San Diego, 8:05 p.m.

Washington at San Francisco, 8:15 p.m.

Flyers bid Canadiens adieu

(Flyers win series 4-1)

Canadiens 2 Flyers 4



Arron Asham and Jeff Carter scored in the second period as the Philadelphia Flyers advanced to the Stanley Cup final with a 4-2 victory over the Montreal Canadiens last night.

The Flyers, who squeaked into the playoffs by winning their final regular season game in a shootout, took the best-of-seven Eastern Conference final 4-1 and will face the Chicago Blackhawks for the Cup.

It will be Philadelphia's eighth trip to the final and their first since 1997. They have not won since they took back-to-back Cups in 1974 and 1975.

Flyers captain Mike Richards scored his first of the series while killing a penalty in the first period after Brian Gionta got one



Philadelphia Flyer Mike Richards scores a goal past Montreal Canadiens Marc-Andre Bergeron, Jaroslav Halak and Roman Hamrlik last night in Philadelphia. The Flyers won 4-2, and will advance to face the Chicago Blackhawks for the Stanley Cup.

for Montreal, which looked to have run out of steam after seven-game upset victories over Washington and Pittsburgh.

Scott Gomez added a goal in the third as the Canadiens mounted a desperate charge but were unable to get the equalizer. Carter scored his second of the game into an empty

Habs history

- The Canadiens were in a conference final for the first time since their last Cup conquest in 1993.

net with 23 seconds left.

The Flyers were outshot by Montreal 27-26.

The Flyers defence

proved too much for Montreal, allowing them few good chances in their four wins, and held one of the Canadiens' best weapons, the power play, to 1-for-22 in the series.

Game 1 of the Stanley Cup final goes Saturday with Chicago hosting Philadelphia at 6 p.m.

THE CANADIAN PRESS

Chiefs mum about player's allegations

WOMEN One by one, from every corner of the locker room, Kansas City's players repeated the same line when the topic turned to teammate Dwayne Bowe: "No comment."

Chiefs coach Todd Haley took a similar mum's-the-word approach, calling his flamboyant receiver's latest distraction "an internal matter."

No one, at least inside the organization, wants to talk about Bowe's story, the one he told to ESPN the Magazine for last week's edition. He said teammates arranged for women they met on social networking sites to meet them at a hotel during a road trip to San Diego in 2007, his rookie season.

Calling it "importing," Bowe said the women were flown in three or four days in advance and took up the entire floor of the hotel.

He said the women knew just about everything about the players.

Outside the team, it's caused quite a stir around Kansas City, a juicy plotline for an ordinarily run-of-the-mill part of the off-season.

The players and coaches wouldn't address the situation and Bowe wasn't available.

THE ASSOCIATED PRESS



Dwayne Bowe

Federer wins first-round match at French Open

TENNIS Miffed by a line call in his first match as defending French Open champion, Roger Federer quickly regrouped to win the opening set two points later, then went on to beat Peter Luczak of Australia 6-4, 6-1, 6-2 yesterday.

The top-ranked Federer committed only 11 unforced errors, lost just 14 of 64 points on his serve and faced only one break point. "It's always important coming back as defending



Roger Federer plays a forehand during a men's singles first-round match against Peter Luczak at the French Open yesterday.

champion, trying to get off to a good start," he said. "It was like a perfect match to

get off the French Open campaign."

In women's play, top-

ranked Serena Williams was forced to battle hard in the first set before going on to beat Stefanie Voegele 7-6 (2), 6-2.

Williams, who had lost two of her last three matches heading into Roland Garros, used her serve and aggressive returns to pull out the first set. She hit three service winners late in the tiebreaker and finished with 10 aces.

THE ASSOCIATED PRESS

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Argentina crushes Canada

Maxi Rodriguez led a balanced attack with a pair of goals yesterday as Argentina trounced Canada 5-0 in a soccer friendly. The Argentines, ranked seventh in the world, had their way with an overmatched Canadian team that came in ranked 63rd. **THE CANADIAN PRESS**

sports 19

Byfuglien emerging as a star

Here's how Dustin Byfuglien sees it: The puck always finds him when he is in the perfect position.

His Chicago Blackhawks teammates view it this way: Big Buff's easy to find when he's open because at six-foot-four and 257 pounds, he's hard to miss. Whatever the reason, Byfuglien has emerged as a star for the young Blackhawks. He scored three game-winning goals during a sweep of San Jose in the Western Conference final that put Chicago in the Stanley Cup final for the first time since 1992.

Like a big tight end clawing his way through defenders to get open or a linebacker crushing a running back with a block in the open field, Byfuglien's physical play, deft touch and ability to clear space have given his team another element in its quest for the franchise's first NHL title since 1961.

Put him on the same line with the team's most recognizable and publicized young stars, 21-year-old

8th-round pick

Dustin Byfuglien, 25, is a Minneapolis native who was Chicago's eighth-round pick in the 2003 draft and broke in during the 2005-06 season.

Patrick Kane and 22-year-old captain Jonathan Toews, and Byfuglien has really blossomed. He scored one goal in each game against the Sharks.

"I'm not really on any cloud right now," said Byfuglien (pronounced BUHF'-lihn). "I'm just doing work for the kids and finishing it up. I have faith in myself and I just kept going."

Byfuglien, who had a hat trick in a victory over the Canucks in the semifinals when he took up his customary role in front of goalie Roberto Luongo, showed his versatility against the Sharks. He had the game winner in the opener with a wrist shot

from the slot after Toews won a faceoff and Kane slid him the puck.

"With those two you never know what's going to happen," Byfuglien said.

When Game 3 against the Sharks went to overtime,

Byfuglien skated to the high slot and from there another player who has played a key role in the post-season, Dave Bolland, made a pass from behind the net and Byfuglien converted. It was Kane-to-Byfuglien again in Sunday's clinching Game 4.

"Kane threw it at the net. Sure enough, there he is to bang home the game winner again. He knows how to get open, how to create space for the two of us," Toews said.

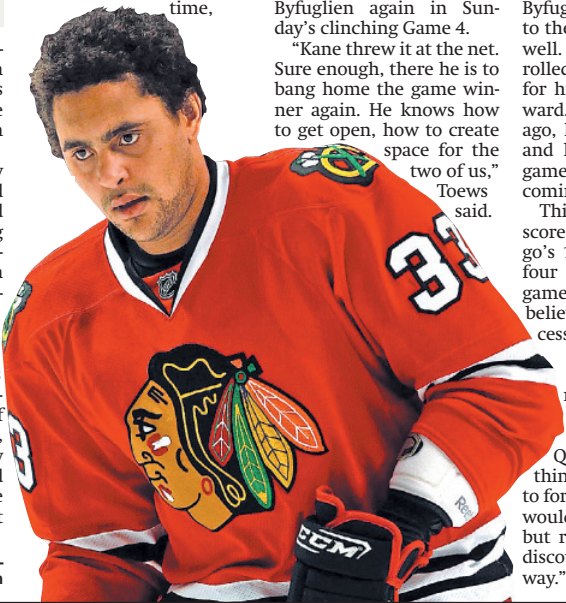
"He's been great. You know, it's not like he's getting lucky. He's working hard."

When the Blackhawks were struggling and battling injuries on defence late in the season, Byfuglien made the switch to the blue-line and played well. When the playoffs rolled around, it was time for him to go back to forward. In the playoffs a year ago, he scored three goals and had six assists in 17 games — all of his scoring coming on the road.

This year, he's already scored eight goals in Chicago's 16 playoff games and four of them have been game-winners. Did he ever believe he could be so successful?

"Absolutely," he said. "He certainly had a remarkable playoffs, particularly last two rounds," coach Joel Quenneville said. "I think when he got back to forward there, I think he would rather play defence, but right now today, he'll discount that and say no way."

THE ASSOCIATED PRESS



Dustin Byfuglien

Sports in brief

NFL Ready for an outdoor Super Bowl in cold, possibly snowy weather? Thinking that new overtime rule adopted for playoff games should be used in the regular season, too? NFL owners will discuss those things and more today during meetings in the Dallas area.

MLB The Texas Rangers filed for Chapter 11 bankruptcy protection yesterday in hopes of spurring completion of the stalled \$575-million US sale of the team — and maybe clear the decks for new owners to make pennant-chasing decisions this summer.

MLB The Toronto Blue Jays designated Dana Eveland for assignment yesterday and recalled fellow left-hander David Purcey from triple-A Las Vegas. Eveland, who started nine games this season, was 3-4 with a 6.45 earned-run average. **METRO NEWS SERVICES**



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This Thursday, pull out your pink pumps and cherry-coloured clothes and wear them for national Wear It Pink Day to help raise awareness for the one-in-seven women who will be diagnosed with breast or gynecologic cancer. **METRO NEWS SERVICES**

Put on your pinks

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Shedding some light on vitamin D

CELIA MILNE
for Metro Canada



Two-thirds of us are still low in vitamin D. Although the sun is a great source of this needed nutrient, it may be tough to get enough vitamin D consistently and safely from its rays.

That's why most experts recommend taking vitamin D supplements and eating foods high in the sunshine vitamin.

"As we accumulate more evidence that vitamin D is needed for normal biological functions, we're thinking supplementation is a good idea for most Canadians," says Dr. David Hanley, a professor of medicine in endocrinology and metabolism at the University of Calgary and an expert on vitamin D and

bone health.

Vitamin D deficiency is associated with rickets and osteoporosis, as well as bone fractures. It's also possibly linked with certain cancers (non-Hodgkin's lymphoma, leukemia and breast cancer), as well as multiple sclerosis, schizophrenia and type 1 diabetes. Having sufficient vitamin D is thought to boost the developing brain and immune system.

There's been a lot of confusion lately about vitamin D. Most people have heard that they should be taking more of the vitamin and have started supplementing.

In fact, sales of vitamin D supplements are rising by 50 per cent a year, reports the CBC.

But headlines around the country recently pro-



Sunshine is one way to get bone-building vitamin D but exposure to the sun for long periods of time ups the risk of skin cancer. Supplements and vitamin D-rich foods are another way to go but how much is enough?

claimed that only a small fraction of Canadians (10 per cent) are deficient in vitamin D. So if people aren't deficient, why are they buying so many supplements?

It turns out that the 10

per cent number was based on obsolete guidelines. Statistics Canada sampled blood from 5,306 Canadians. The amount of vitamin D in a person's blood is measured in nanomoles per litre

(nmol/L).

In the old guidelines, having less than 27.5 nmol/L was considered a deficiency. These days, an amount that low is considered a severe deficiency — serious enough to cause

rickets — and recent research shows we should all be aiming for vitamin D status much higher than that.

"Most of us in North America believe we start seeing health benefits around the level of 75 nmol/L," says Hanley.

When you use 75 nmol/L as the cutoff, it's more like two-thirds or more of the population that is deficient.

"It was confusing," Hanley says of the study.

"They used a cutoff for defining inadequate vitamin D that most people consider outdated."

The Institute of Medicine, which last issued dietary guidelines for Canada and the U.S. in 1997, is set to issue new ones later this year, which will reflect the explosion of new research in the area.

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Are we having fun yet? A trip with your partner can turn from hell-a-fun to just plain hellish in the blink of an irritated eye.

"If your idea of a vacation is paddling your way to an island in the middle of a lake and setting up camp and his is five-star hotels, it might be a problem."

I Turn?" game. Always good for a fight. You're inches away from the intersection, there's an 18-wheeler on your rear end and he's screamin', "Which way do I turn?!" Which way do I turn?!" and you're frantically searching for too-small-to-be-on-the-map corners on

your 1954 map for a road that doesn't exist anymore. Then you discover just how long you can go without speaking to each other once you finally haul yourselves out of the ditch.

It's easy to understand why people enjoy traveling alone. When you're traveling alone and you get lost you can simply admit it instead of driving in circles with him repeatedly saying: "I'm sure it's just around the next corner. I remember from when my family came here when I was six weeks old."

There are lots of wonderful things about traveling with a partner. Discovering you travel well together can really solidify a relationship. It helps if you

like the same things. If your idea of a vacation is paddling your way to an island in the middle of a lake and setting up camp and his is five-star hotels, it might be a problem.

For their first trip together, a friend of mine dragged her devoted city boy camping. She said it was like camping with Felix Unger, you know, the anal half of the Odd Couple?

Sure, use the last of the drinking water to wash your hands for the 14th time in 10 minutes. Though the benefit is that the Felix Unger types come up with ideas like softening your hard-earth bed with leaves, she laughs.

Ultimately, it's not the where, when, and how of traveling together that are important, but your ability to go with each other's flow. Though, you might want to get yourself a fully updated GPS before you go, just in case.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com and follow her at twitter.com/joseyvogels



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Food



Which drink is mine?

During social gatherings like outdoor barbecues the common dilemma of "which drink is mine?" often arises. To avoid this problem as well as add a fun "identity" to your bottle, cup or can, a new customizable drink marker called Drinkmarx can help. Available as a set of four (for \$9.95), these plastic drink cuffs come in pink, brown, green and blue and can be personalized using the 120 decals provided. To purchase, visit drinkmarx.com. **METRO NEWS SERVICES**

EDITOR: ANN-MARIE.COLACINO@METRONWS.CA

Liquid Assets

Peter Rockwell


metronews.ca/liquidassets

Next big thing

In the booze business what goes around comes around. That means no matter how cool, innovative or tasty: What's here today will be out tomorrow and then it will get back in line to wait its turn to become the next big thing again.

Take "fruit bomb" wines: Those big-boned, berry-licious reds that made Australia and California famous thanks to their stand-alone flavours that often work better as a cocktail than they do as a dinner companion.

Thanks to the popularity of Argentinean vino; more balanced reds (with Old World-style leanings) have been beating the bombs to the glass of late. Fans of palate-coating wines need not worry. While many wineries have toned down the explosive berry blast, there's still plenty of chewy juice out there.

California merlot is a perfect example, with J. Lohr Estates' 2007 Los Osos Paso Robles Merlot (\$19.95 - \$23.29) serving up a lip-smacking burst of black currant and jammy cherry thanks to an injection of malbec, petit verdot and cabernet sauvignon into the blend.

While Australia's Angus The Bull 2007 Cabernet Sauvignon

(\$18.95 - \$24.99) may promote itself as red meat ready, its thick core of black-berry fruit is just as good on its own.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Personal Gourmet recipe of the month

ROSE REISMAN

Summer sandwiches

Wraps and sandwiches are the perfect food for this time of year.

They are easy to prepare and take only minutes. Serve with a great salad to start and you have a fantastic nutritious meal.

Roasted Vegetarian Sandwich with Brie

PREP TIME: 15 MINUTES

COOK TIME: 25 MINUTES

After tasting this sandwich you might decide to go vegetarian! The grilled vegetables, pesto and brie are a sensational combination. And, yes, you can enjoy brie when you're eating light — just watch the amounts. **SERVES 8**

INGREDIENTS:

- ½ large red onion, sliced



Roasted Vegetarian Sandwich with Brie.

- 1 red bell pepper, cut in 8 wedges
- 1 large portobello mushroom, thickly sliced
- 1 zucchini, cut in 3 slices lengthwise
- 2 Tbsp pesto sauce
- 2 Tbsp low-fat sour cream
- 1 Tbsp olive oil
- 2 tsp balsamic vinegar

- ½ tsp minced fresh garlic
- 4 large rolls (each 3 ½ oz), split
- 2 oz brie cheese, thinly sliced

METHOD:

1. Preheat the oven to 425°F. Line a rimmed baking sheet with foil.

2. Place the onion, red pepper, mushroom and zucchini on the prepared baking sheet. Spray lightly with cooking oil. Roast the vegetables, turning once, for 25 to 30 minutes or until tender. Remove and allow to cool.

3. While the vegetables are roasting, combine the pesto and sour cream in a small bowl.

4. Cut the roasted vegetables into pieces that fit the shape of the bread. Place in

About Rose



Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com and personalgourmet.ca

a bowl and toss with the oil, vinegar and garlic.

5. Spread the pesto mixture over the bottom half of each roll. Top with the vegetable mixture and brie. Replace the top half of the roll and cut in half to serve.

Nutritional Analysis per Serving: Calories 187; Protein 6 g; Fat 6 g; Saturated Fat 2.2 g; Carbohydrates 29 g; Cholesterol 9 mg; Sodium 298 mg; Fiber 2.5 g

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There's still no word on who will replace Simon Cowell on American Idol, but it definitely won't be Elton John. The singer reportedly turned down an offer of \$33 million US to take over as judge for the series, according to Access Hollywood. **METRO WORLD NEWS**

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

Shad gets Fresh start

Kenyan-born hip-hop artist helps define Canadian rap

TheAudioFiles

Bryan Borzykowski

metronews.ca/music

If this were a column about the best YouTube music videos, Shad's spot for The Old Prince Lives at Home would probably top the list. The video is almost a scene for scene copy of the opening to the '90s sit-com The Fresh Prince of Bel Air, except the Toronto hip-hop artist's song is playing instead of Will Smith's famous rap.

It's an incredible recre-

ation. Shad nails all of Smith's mannerisms and the twist ending is hilarious. The video got a lot of people talking about the rapper and got me excited about how he would treat the songs on his new album, TSOL, which is out today and is the follow-up to his Polaris nominated sophomore effort The Old Prince.

So, I was a little disappointed to discover it wasn't Shad who came up with the Fresh Prince concept. "I just showed up," he says about the video. "The directors threw the idea at me."

While I'd like to see another humorous video from Shad, I can let it go. It's obvious that the

Kenyan-born, London Ont.-raised rapper put all his creative energy into this new record.

The disc starts off — after a two-minute intro — with an incredibly infectious soul track based around Rose Garden, a Lynn Anderson country tune. That alone would have been enough, but Shad's blistering raps and occasional oddball lyrics ("When Abraham went to slash Isaac in a sense he baptized him") turn this into yet another Canadian rap record that this country's music industry would be wise to export.

While some of the songs' topics may seem unusual — listen to all about, well, lis-

tening — he's not afraid to tackle some of rap's more sensitive issues, like the lack of women in hip hop on the track Keep Shining.

"Rap is still a very guy conversation," he says, explaining where the song came from. "We're leaving people out of the conversation. We need to open it up more."

Another thought-provoking tune is the what's-the-meaning-of-life track A Good Name. In it Shad explores the roots of his name and in the process touches on some existential issues about life and personal history. "That's a lot of where hip-hop is," he says. "It's about where you come from and taking pride."



Got to Dance

Paula Abdul will return to prime time — and a judges' table — as a part of a new dancing competition called Got to Dance on CBS, according to The Hollywood Reporter.

TVGUIDE.COM



TSOL is the followup to The Old Prince, which earned Shad a nomination for the Polaris Music Prize.

The disc could easily thrust the talented MC into the same stratosphere as K'naan or k-os. And while American hip hop is still the place most people look to for their raps, Shad jokes that soon enough his Canadian cohorts will be the

dominant ones. "I just have to sit down with my co-conspirators and figure out how we're going to make our move."

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

CA	Vu SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
267 351 - ACCESS	Alberta Primetime (Live)	Dancing With the Stars	Access H.	Castle "Love Me Dead"	American Idol (HDTV)	Dancing With the Stars	Two/Half Men	Two/Half Men	Metropia	Primetime
243 317 3 CFCN	etalk	Access H.	The Simpsons	Omni News: S. Asian Edition	Omni News: Cantonese Edition	Dancing With the Stars	Dancing With the Stars	Dancing With the Stars	The Hour	News Hour
- 4 OMNI	King	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Dancing With the Stars	Dancing With the Stars	Dancing With the Stars	EP Daily	TJ Alberta
245 306 6 CBRT	NHL Hockey Chicago Blackhawks at San Jose Sharks. (HDTV) (Live)	The Good Wife (N)	NCIS "Rule Fifty-One"	Parenthood (N)	The Biggest Loser One contestant wins the grand prize.	Le Téléjournal Nouvelles. (SC)	Local Programming	NCIS: Los Angeles (N)	The Good Wife	Independent
244 338 7 CICT	ET Canada	Entertainment	NCIS "Rule Fifty-One"	Parenthood (N)	The Biggest Loser One contestant wins the grand prize.	Le Téléjournal Nouvelles. (SC)	Local Programming	NCIS: Los Angeles (N)	The Good Wife	Independent
246 - 8 CKAL	Law & Order: SVU	Squelettes	Tout	Beautés désespérées (SC)	Bons baisers de France (SC)	Le Téléjournal Nouvelles. (SC)	Local Programming	NCIS: Los Angeles (N)	The Good Wife	Independent
119 705 9 CBFT	(6) Local Programming	Access H.	The Doctors	NOVA (HDTV) (DVS)	Sculpted by Floods	Frontline (HDTV) (DVS)	CBC News: The National	CBC News: The National	Family Guy	Cooper 360
- 372 12 KREM	News	Access H.	The Doctors	NOVA (HDTV) (DVS)	Sculpted by Floods	Frontline (HDTV) (DVS)	CBC News: The National	CBC News: The National	Family Guy	Cooper 360
- 374 14 KSPS	PBS NewsHour (N)	CBC News: The National	Jeopardy! (N)	Wheel Fortune	Two/Half Men	Two/Half Men	American Idol (HDTV)	Glee "Theatricality" (N)	News	
502 390 15 CBC	CBC News: The National	Jeopardy! (N)	Wheel Fortune	Two/Half Men	Two/Half Men	American Idol (HDTV)	Glee "Theatricality" (N)	News		
- 370 16 KHO	News (N)	Millionaire	Raymond	PIX News at Ten (N)	Larry King Live (N)	Anderson Cooper 360 (HDTV) (N)	Nancy Grace	Showbiz Tonight	The Joy Behar Show	
- 373 22 KAYU	The Office	Raymond	PIX News at Ten (N)	Larry King Live (N)	Anderson Cooper 360 (HDTV) (N)	Nancy Grace	Showbiz Tonight	The Joy Behar Show		
297 652 37 WPIX	90210 (HDTV)	PIX News at Ten (N)	Larry King Live (N)	Anderson Cooper 360 (HDTV) (N)	Nancy Grace	Showbiz Tonight	The Joy Behar Show			
500 500 29 CNN	Larry King Live (N)	Anderson Cooper 360 (HDTV) (N)	Nancy Grace	Showbiz Tonight	The Joy Behar Show					
508 502 31 CNN2	The Joy Behar Show									
400 400 21 TSN	NBA Basketball Los Angeles Lakers at Phoenix Suns. (HDTV) (Live)	UEFA Champions League Soccer (HDTV)	Score Now	Destination Truth	Pass Time	NASCAR Hub	8 Simple Rules	Family Biz	To Be Indie	
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417 406 48 SPEED	Monster Jam (HDTV) (N)	Dangerous Drives (HDTV)	That's-Weird	Family Biz	Malcolm-Mid.	Hates Chris	Wizards-Place	Latest Buzz	Ned's School	American Dad
552 543 20 YTV	iCarly	To Be Indie	Sonny-Chance	Suite Life	Johnny Test	Total Drama	6TEEN	Futurama	King of the Hill	Reba
557 541 39 FAM	Han, Montana	Wizards-Place	Johnny Test	Total Drama	6TEEN	Futurama	King of the Hill	Reba		
555 545 67 TOON	Jimmy Two	Johnny Test	Home Improve.	Home Improve.	Meet-Wilsons	Meet-Wilsons	Amer. Funniest Home Videos	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
575 583 11 CMT	According-Jim	Franklin	EarthWatch One	Supernanny	Conjoined Twins: Sister Bond	Chiefs vs. City	Criminal Minds (HDTV)	Relic Hunter	Wedding SOS	Wedding SOS
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602 568 23 W	House-Sell	House-Sell	Supernanny	Conjoined Twins: Sister Bond	Chiefs vs. City	Criminal Minds (HDTV)	Relic Hunter	Wedding SOS	Wedding SOS	Wedding SOS
521 560 24 TLC	19 Kids-Count	19 Kids-Count	Chiefs vs. City	Criminal Minds (HDTV)	Relic Hunter	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS
603 561 25 FOOD	Chef Abroad	Chef Abroad	Criminal Minds (HDTV)	Relic Hunter	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS
515 520 26 A&E	Criminal Minds (HDTV)	Relic Hunter	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS
617 522 33 SHOW	Trailer Park	Trailer Park	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS
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- 633 34 ENC2	Jane-Dragon	(7.25) Summer	(2002, Comedy) Joe Cobden.	Life ** (1999, Comedy-Drama) Eddie Murphy.	Daily Planet	Without a Trace	Delta Force * (2007, Comedy) Larry the Cable Guy.	Corner Gas	Name Is Earl	The Simpsons
520 505 35 DISC	Destroyed	Destroyed	Deadliest Catch (N)	Spectacle: Elvis	Seinfeld	Seinfeld	Delta Force * (2007, Comedy) Larry the Cable Guy.	Corner Gas	Name Is Earl	The Simpsons
620 523 36 BRAVO	Landscapes	Garrett Mason	Deadliest Catch (N)	Spectacle: Elvis	Seinfeld	Seinfeld	Delta Force * (2007, Comedy) Larry the Cable Guy.	Corner Gas	Name Is Earl	The Simpsons
294 650 40 WPCW	Law & Order: SVU	Air Force	22 Minutes	Delta Force * (2007, Comedy) Larry the Cable Guy.	Corner Gas	Name Is Earl	The Simpsons	South Park	Conchords	
626 547 41 CDM	Just for Laughs	Squaw Man	Lakota Woman: Siege at Wounded Knee (1994, Drama)	Deadliest Warrior (HDTV) (N)	Aftermath (HDTV)	Fringe (N)	Unforgiven **** (1992, Western)	The Celebrity Apprentice Mr. Trump chooses a winner.	Dog Whisperer	End of Leash
- 539 42 TCM	Squaw Man	Lakota Woman: Siege at Wounded Knee (1994, Drama)	Deadliest Warrior (HDTV) (N)	Aftermath (HDTV)	Fringe (N)	Unforgiven **** (1992, Western)	The Celebrity Apprentice Mr. Trump chooses a winner.	Dog Whisperer	End of Leash	
628 584 43 SPIKE	Deadliest Warrior (HDTV)	Aftermath (HDTV)	Fringe (N)	Unforgiven **** (1992, Western)	The Celebrity Apprentice Mr. Trump chooses a winner.	Dog Whisperer	End of Leash			
522 516 45 HIST	Ancients Behaving Badly	Fringe (N)	Unforgiven **** (1992, Western)	The Celebrity Apprentice Mr. Trump chooses a winner.	Dog Whisperer	End of Leash				
627 528 46 SPACE	Medium (N)	Fringe (N)	Unforgiven **** (1992, Western)	The Celebrity Apprentice Mr. Trump chooses a winner.	Dog Whisperer	End of Leash				
- 47 AMC	(6) Unforgiven **** (1992, Western)	The Celebrity Apprentice Mr. Trump chooses a winner.	Dog Whisperer	End of Leash						
619 525 49 TROP	End of Leash	Last 10	House Hunters	House Hunters	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News
600 564 50 HGTV	Sarah's House	Genevieve	House Hunters	House Hunters	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News
501 391 52 CTV	CTV News Tonight	Squeeze Play	House Hunters	House Hunters	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News
504 508 70 BNN	Squeeze Play	Medium	House Hunters	House Hunters	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News
526 507 92 VIVA	Medium	Cold Case "Gilded"	Cashing In	Rabbit Fall	Wang Gui	Immortal Yi, So	Il Caffe	The O.C. "The Secret"	UR11	MTV Live
269 350 93 APTN	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	Wang Gui	Immortal Yi, So	Il Caffe	The O.C. "The Secret"	UR11	MTV Live
- 94 MCP	World News	News	Cashing In	Rabbit Fall	Wang Gui	Immortal Yi, So	Il Caffe	The O.C. "The Secret"	UR11	MTV Live
571 581 100 MMM	mmtop10.ca	Hammerlime	Gimme Sugar	Deegrass: Next	Video on Trial	MTV Live	Sex, News-Roll	The City	The City	The Hills
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critics'corner

NCIS: Los Angeles

Callen (Chris O'Donnell) tries to find a woman with information about his past — and, indeed, his identity — as well as a forgotten fortune that is earmarked to fund a new war in the Middle East before a ruthless adversary gets to her. LL Cool J and Linda Hunt also star in the first season finale. 10 PM on KREM



Glee
Will (Matthew Morrison) thinks he has gotten the upper hand over Sue (Jane Lynch), only to discover that hell hath no fury, etc. Memo to Will: Have ya been watching your own show, big guy? Because when it comes to Sue, you don't seem to realize whom you're up against. And that's not just "how Sue C's it!" Meanwhile, preppers Quinn (Dianna Agron) gets in touch with her "funky" side in a new episode called, well, "Funk." 10 PM on CICT, KAYU



Simon Monjack, right, pictured with late wife Brittany Murphy — was found dead Sunday.

Husband of Brittany Murphy found dead

PEOPLE The husband of Brittany Murphy was found dead at his Los Angeles home late Sunday, five months after the Hollywood actress died, police said. Simon Monjack was 39.

The preliminary cause of the death of the British screenwriter is natural causes.

"We concluded there no signs of foul play or any criminal activity involved," said Sgt. Alex Ortiz, a police spokesman.

Firefighters responding to an emergency call from a woman at 9:40 p.m. found Monjack dead at a Hollywood Hills home. Ortiz said he didn't know who called Monjack and Murphy had shared the home with Murphy's mom, Sharon. **THE ASSOCIATED PRESS**

Lots more Glee

Good news, Gleeeks: Fox already has ordered a third season of Glee, TVGuide.com has confirmed. The freshman series has averaged 9.4 million total viewers. TVGUIDE.COM

Musical high school

Baxter combines singing, dancing, fun

Look up, gleeeks: the Northern Stars are set to shine.

Baxter is a new Canadian comedy series that, like the U.S. prime-time hit Glee and its 1980s precursor, Fame, features singing and dancing in a high-school setting (in this case it's Northern Star School of the Arts).

Baxter, however, is aimed at a younger demographic (it premiered on Family Channel yesterday, and moves to a weekend-morning time slot on Saturday). And unlike Glee, it features original tunes, not covers.

Still, the two series share a similar message, say the young cast members.

"When you're in high school, against all odds trying to put yourself out there and trying to find yourself, you have to rely on your friends," Calgary-raised Evan Williams, who plays zany actor Baxter McNab on the show, said in a

recent on-set interview.

"It's all about hope, it's all about the future."

And for the stars, it's been all about hard work.

Most of the cast members had to go through an intense audition process over two years ago to make it into the pilot.

"I think all of us auditioned for this for a really long time," said Tara Joshi, an actor-dancer who grew up just outside Edmonton and plays drama queen Jenna.

"I auditioned about three times for the pilot," recalled Toronto native Holly Deveaux, who plays Baxter's best friend, Emma, and was in the 2009 film Victoria Day. "It was so awesome because it's the first thing that I ever got to do professionally."

"I think I auditioned about 8,000 times," quipped Williams, whose other credits include CTV's Degrassi: The Next Generation, HBO's Grey Gardens

and the 2006 film Save the Last Dance II.

Once they landed the gig, many of the actors then had to bone up on the specific disciplines of their characters.

For Shannon Kook-Chun, who plays Deven the dancer, that meant rigorous training to learn moves ahead of filming.

"I was actually hurt coming in because I was dancing so much and going to acro (dance) classes (and) my wrist swelled up," said Kook-Chun, who was born in South Africa and studied at the National Theatre School of Canada.

"I couldn't do as much breakdancing as I wanted in the show — I couldn't do any of the handstands or any of that stuff. But because of the schedule and stuff, you're learning the dance, like, the day before ... so it's like, everything's on the fly."

The cast even got to choreograph some moves



Family Channel's Baxter sees the funny side of life at an arts high school, where everybody has a dream to follow.

at the National Ballet of Canada and film scenes with principal dancer Greta Hodgkinson, who guest stars in the premiere along with soul singer Divine Brown.

THE CANADIAN PRESS

Following her own tune

ORIGINAL American Idol finalist Crystal Bowersox calls her guitar her comfort blanket.

The 24-year-old singer first started playing after finding her mom's six-string while snooping for Christmas presents when she was just 10 in Ohio.

It's been with her in smoky dive bars in her hometown near Toledo and when she was playing in Chicago's subway stations.

Idol watchers know about her raw vocals — which evoke Janis Joplin and Melissa Etheridge — but few have discovered her songwriting. So far, producers of the singing competition have resisted her pleas to play one of her originals. She's still hoping to sing one of her own songs in the show's finale tonight.

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Back to Carlawood

Canadian comedian ups drama in new season

IAN JOHNSTON
for Metro Canada



One year-plus into their marriage, Carla Collins and Tyrone Power Junior are still together and still making their confessional documentary series *Carlawood*.

Which may be a bit of a surprise to some viewers. I mean — what does a boisterous comic gal from Sault St. Marie, Ont., have in common with the quiet, low key offspring of a Hollywood legend?

"He's from this crazy Hollywood family and just rolls with everything I do," says Collins, who kicked off her second season of *Carlawood* on Monday.

"The fact we're different is probably why he married me. We got different energies. Like Desi and Lucy."

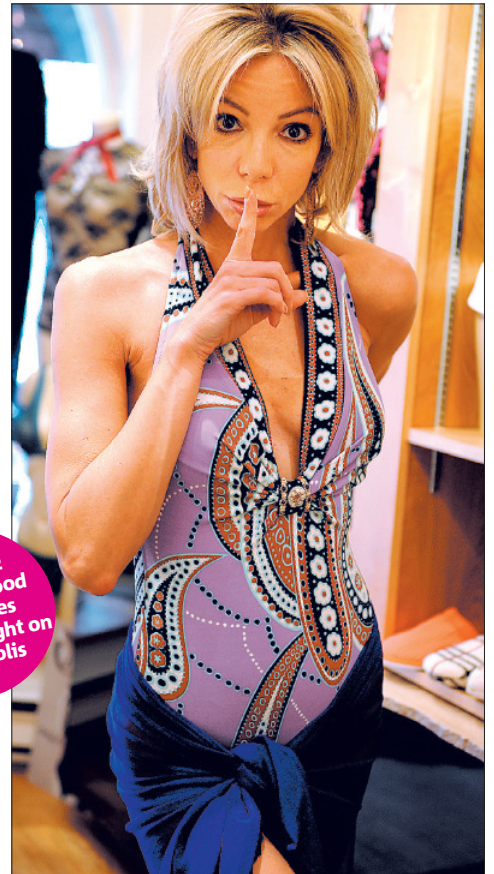
Maybe so. As evidenced by *Carlawood*, they do have chemistry — when they find the time to be together. Truth is, Collins' efforts to make a splash as a green-card-wielding actress and charity fundraiser often take her away from home and husband. Even Collins' first love — stand-up comedy — has taken a back seat in recent years.

But not anymore. "Yuk Yuk's" Mark Breslin said to me that you can't just do comedy every six months. You got to go up every week," says Collins.

"So I started going up on stage at these improv clubs in L.A. It's been great fun."

Not that Collins' has been totally shying away from the funny.

She just finished a autobiographical self-help book —



Carla Collins returns with another season of *Carlawood*.

Angels, Vampires and Douche Bags — which is chock full of odd, personal stories and advice.

"It's very confessional. And funny. It was great fun to write. And I've got some great reviews in the American press, which is a first."

The writing of her book is just one bit of drama from this season of *Carlawood*. One darker storyline involves the death of a family pet. It was one of the few

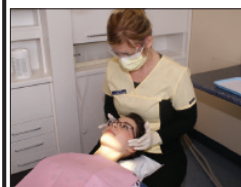
moments that Carla wondered whether to let the cameras roll.

"This is a show about entertainment. So I thought about not putting it on camera but in the end we just let the cameras roll," says Collins, who doesn't like to display certain aspects of her personal life.

"I'm very protective of my family on the show. Though I do have my ex-husband on this year."

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of *Carlawood*
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Thai films tops Cannes

The hypnotic Thai film *Uncle Boonmee Who Can Recall His Past Lives* won the top honour at the Cannes Film Festival on Sunday, while Academy Award winners Juliette Binoche and Javier Bardem earned acting honours. **THE ASSOCIATED PRESS**

From Battlestar to the Louisiana bayou

IAN JOHNSTON
for Metro Canada

Actress Michelle Forbes says she would love to reprise her role as the sinister maenad Maryann in the third season of True Blood. There's just one problem.

"Don't know how you come back with a big hole in your chest and no heart," laughs Forbes, while in Canada to promote the DVD release of *True Blood*'s second season.

"I know it's *True Blood* and all. But I think Maryann has gone to maenad heaven."

Not that it wasn't a good run. Forbes says she loved every minute of working on the Emmy-winning southern vampire series.

"It was awesome. You never knew where the story was going," she says. "Episode to episode, the show went from being an old fashioned love story, to classic horror, to a farcical comedy. At the end, it was like a *Pirandello* play. It was



Michelle Forbes

so absurd."

Though she's out of the TV vampire business, Forbes isn't hurting for work. Still best known as Ensign Ro from *Star Trek: The Next Generation*, Forbes remains one of the busiest actresses in the business.

Her credits over the last two decades include regular roles on *Homicide*, *24*, *Battlestar Galactica*, and *In Treatment*. Add to that guest appearances on everything from *Seinfeld* to *Lost*, and keeping them straight can get tricky at times.

"Lost? I have no ... idea

how I got that. I was in Germany and had to fly to Hawaii through England. It was like four times zones. I really can't remember much about it."

Though she has no "cunning career plan", Forbes admits she often gets cast as no-nonsense authority figures.

"At one point I had to leave the country (U.S.) and go to the UK just to play a housewife," she says.

Still, it's unlikely she'll ever get a role quite like *True Blood*'s Maryann — whose farewell scene remains memorable ... to say the least.

"I've died so many times on screen, it's ridiculous," she laughs. "I've had my throat slit. I've been shot in the head. But nothing beats having a love scene with a bull then having someone shove their hand in your chest and pull out your heart."

True Blood, The Complete Second Season, will be released on DVD and Blu-Ray on Tuesday.

Michaels toughs it out to win *Apprentice*

TELEVISION Bret Michaels made it to the finish line of *The Celebrity Apprentice* despite life-threatening illness and was rewarded with victory and \$250,000 for charity.

"You've done an amazing job in every single way," Donald Trump said before announcing his choice on a live segment of NBC's reality show Sunday. "A little flaky, but that's OK. ... You've also proven ... to be very brave. I appreciate that."

The other finalist, actress Holly Robinson Peete, has been "amazing," Trump said, and then rendered his decision.

"Holly, I have to tell you, we all love you. And Brett, I have to tell you — you're hired," Trump pronounced, drawing a lusty "whoop" from Michaels.

Michaels' appearance on the finale, which included live and taped segments, had been in question after he suffered a brain hemor-



Rocker Brett Michaels made it to the finale of *Celebrity Apprentice*, which he won, despite a recent brain hemorrhage.

rhage in April and was hospitalized again recently after suffering what doctors called a warning stroke. He faces surgery for a hole in his heart.

Trump didn't downplay the drama involving Michaels' health, asking the 47-year-old rock star of *Poison* fame if he was risking his life by coming on the finale against his doctors' advice.

"Lately it seems like me just standing me up is risk-

ing my life," Michaels replied lightly, adding that it was worth the risk and he "came to win." He walked haltingly and with a slight limp.

His presence brought a moment of honest reality to a carefully constructed TV genre.

After the show, Michaels said he'd been through a rough period but added, "I've got to be honest. I feel great right now."

THE ASSOCIATED PRESS

DVD picks



The Road

Director: John Hillcoat

EVEN WHEN HOPE has been exhausted, there is always love. This is what sustains us in watching the struggles of a father and son in John Hillcoat's bleakly inspiring adaptation of Cor-

mac McCarthy's apocalyptic novel *The Road*.

Viggo Mortensen and Kodi Smit-McPhee are that unnamed father and son, and we have no real reason to expect a positive outcome for them. The world has been nearly shorn of life by an unnamed but likely man-caused calamity.

Yet we marvel at the bond between parent and child and their determination to keep "carrying the fire" for as long as they can.

The *Road* is a horror movie — cannibalism has replaced civilization — but it's an uncommonly smart and deep one. There's an Old Testament directness to McCarthy's prose, which screenwriter Joe Penhall has faithfully adapted.

A prologue with Charlize

Theron as the practical wife sets up the them-or-us scenario: either you choose suicide or you choose to be raped and then eaten by the cannibal gangs that roam the darkness.

She made her choice. The father and son are now making theirs, which involves heading south to escape the constant cold and possibly to find signs of restoration.

A movie this austere, like a stage play by Samuel Beckett or Thornton Wilder, demands much of its actors. American journeyman Mortensen and Australian newcomer Smit-McPhee are more than up to the task, delivering stellar performances as flawed yet redeemable humans.

Extras include a com-

mentary by Hillcoat, deleted scenes and a making-of featurette.

Extraordinary Measures

Director: Tom Vaughan

A TITLE CARD advises us that this medical drama, efficiently directed by Tom Vaughan (*Starter For Ten*), is "inspired by true events." That's Hollywood code for factual liberties that have been taken.

For example, Harrison Ford's irascible scientist character, Dr. Robert Stonehill, is based on several irascible scientists. And the real family seeking a medical miracle, headed by determined businessman John Crowley (Brendan Fraser), lives in New Jersey

rather than the picturesque Oregon of the film. The movie actually



works better as an instructional video on the flaws of the American medical system than as a melodrama.

Crowley is a corporate star with a flair for salesmanship. He's happily

married to Aileen (Keri Russell). The couple have three children, the two youngest of which have pompe disease, a rare and aggressive form of muscular dystrophy.

Crowley learns that Nebraska research scientist Dr. Stonehill has made a breakthrough with enzyme treatments that might prolong the lives of pompe sufferers. He didn't reckon on Stonehill's eccentricities, or the heartless bureaucracy of corporate health care.

The movie is right in tune with U.S. President Barack Obama's efforts to extend medicare benefits to millions of Americans.

Extras include deleted scenes and two featurettes.

Peter Howell/for Metro Canada

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Girls Gone Wild creator Joe Francis is once again being accused of attacking a woman after a reported scuffle at his company's offices in Santa Monica, Calif., according to Radar Online. **METRO NEWS SERVICES**

Francis gone wild?

Celebrity Buzz

Follow these celebrities on Twitter...

CelebTweets

WILLIAM SHATNER is priceless, **SAMANTHA RONSON** is not a happy customer, **JIM CARREY** is trying to understand his own art and **JUSTIN BIEBER** is dealing with obnoxious friends.

@WilliamShatner Someone just asked me if I know who owns the legal rights to my face. Either way, you couldn't afford it.

@samantharonson Dear Lufthansa, your carry on rules suck! Oh wait- so does your food- and everything else. Dear everyone else- don't fly them!

@JimCarrey Painted a man running in flames cause he can't live in a shelter. It's meaning has not yet occurred 2 me but I'm sure it's a good thing!

@justinbieber i wasn't hacked...my friend was messing with my twitter. guess i got some of my own medicine :) everything is all good.

You don't have to tell her everything

JUST LET HER KNOW IF YOU HAVE A SECOND WIFE Katherine Heigl admits that it's OK for couples to keep secrets from each other. "I don't think my husband does," she says, though she insists she doesn't mind if he does. "I think if he had a second

wife in Spain, that would probably be too big a secret to keep, but if he's using Rogaine, that's OK."



METRO WORLD NEWS

Lohan lockdown

LAYING DOWN THE LAW FOR LILLO A judge has refused a request by Lindsay Lohan's lawyer to ease restrictions involving drug and alcohol testing on the actress so she can film a movie in Texas.

Lohan appeared sombre and concerned yesterday when she conferred with her lawyer about attaching an alcohol-monitoring bracelet to her ankle and requiring drug testing every week in the Los Angeles area.

Lohan's lawyer, Shawn Holley, told the judge Lohan was planning to travel to Texas to film a movie, but the judge suggested the actress may have to de-

lay the project.

The judge also set a probation violation hearing for July 6 to address Lohan's failure to appear in court last week for a scheduled progress report on her probation stemming from two arrests in 2007.



Lohan, 23, arrived in the Los Angeles area Saturday after a flight from Europe, where she spent a few days at the Cannes Film Festival and partying into the wee hours on the day she was supposed to be in court.

She was to be arrested upon her return to Los Angeles for missing the mandatory hearing, but the judge recalled the warrant Thursday after Lohan posted bail.

THE ASSOCIATED PRESS

Brit takes it out on hair

WHAT A TRESS-BUSTER Britney Spears' hair suffered from another meltdown by the pop singer, according to In Touch. During a Mother's Day trip to Disney Land, Spears and boyfriend Justin Trawick reportedly had an argument that led to Spears locking herself in her room.

"She started out crying hysterically and refused to

go out," a source tells the magazine.

"Jason and the boys were left sitting with the nanny all day. They never got to meet Mickey Mouse." While locked away, Spears reportedly ordered a pair of scis-



sors delivered to her room and started cutting her hair off.

"When the cleaners came to the room, so much hair had been flushed down the toilet, it was blocked," the source adds.

METRO WORLD NEWS

Diaz, A-Rod get serious

WAIT TILL THEY MEET THE PARENTS Cameron Diaz's romance with Alex Rodriguez seems to be heating up. While in New York doing publicity, the actress used the Yankees slugger's Central Park West home as a base of operations, according to Page Six.

"Cameron went out early Friday morning to film Today and

Live With Regis and Kelly, but then she went straight back to A-Rod's place," a source says. And while the pair seem to be pleased with each other, Yankees fans are still withholding judgment.

"While Kate Hudson was considered to be a good-luck charm, the jury's still out on Cameron," a source says.

METRO WORLD NEWS



Witherspoon can't get enough of Toth

WHO WOULD'N'T WANT TO MOVE INTO A \$5M MANSION? Reese Witherspoon and CAA agent Jim Toth are ready to move in together, according to Us Weekly. Witherspoon has plenty of room to accommodate Toth, owning a \$5 million US mansion in L.A.'s Brentwood neighbourhood.

METRO WORLD NEWS



No place for dad at Brand wedding

ALL ABOUT HIS MOTHER Russell Brand hasn't invited his father to his wedding, femalefirst.co.uk reports.

The British comic star has decided against asking Ron Brand to witness his nuptials to fiancée Katy Perry — whose parents Keith and Mary Hudson will be at the ceremony — because he doesn't want to upset his mother Barbara, who split from his dad when Russell was a child.

Ron said. "No one has been invited. It's going

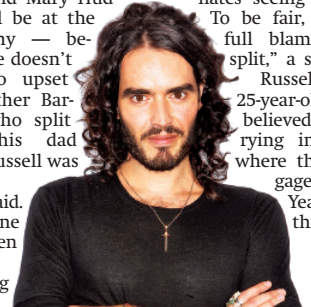
to be a very small wedding." A family friend insists 66-year-old Ron respects his son's decision, though he is upset at missing the big day.

"The split happened a long time ago but there is still tension there. Russell's very close to his mother. He hates seeing her upset.

To be fair, Ron takes full blame for the split," a source says.

Russell, 34, and his 25-year-old Katy are believed to be marrying in India — where they got engaged on New Year's Eve — this October.

METRO WORLD NEWS



Can't stop the dancing

HIS NEW MADNESS After a dance performance together at a benefit earlier this month, Tom Cruise is reportedly obsessed with her and Katie Holmes improving their fancy footwork, according to OK! Magazine. Sources say he's making her rehearse several

times a week. "Tom wants them to become the new Ginger Rogers and Fred Astaire," a source says. "He loves the idea of performing on stage with her but believes Katie has a long way to go before she's ready."

METRO WORLD NEWS



Fox 'too thin' for Bay film?

JUST CGI THOSE CURVES Megan Fox's falling out with Michael Bay that led to her leaving Transformers 3 was over her weight, according to the Sun. "Megan stormed out after a huge row with Michael Bay," a source says.

"He thinks she has lost too much

weight and looks too frail. He wanted her to put on some weight and it all kicked off. The crew didn't think she looks well, let alone the wholesome, curvy star they cast in the first film. She's going for this gaunt, pale image and it just looks unhealthy."

METRO WORLD NEWS



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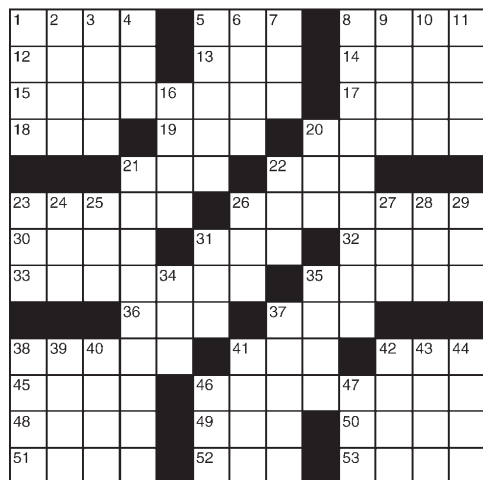
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Andrew Schultz, Meteorologist - Breakfast Television

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WEEKDAYS AT 6 A.M.



ACROSS

- 1 Frilly, in a way
- 5 Silent
- 8 Carey or Barrymore
- 12 Soprano's solo
- 13 Raw rock
- 14 Libertine
- 15 "Don't touch" warning of a sort
- 17 Knitter's need
- 18 Put into words
- 19 Store sign abbr.
- 20 Seafood entree
- 21 "— good deed"
- 22 Four qts.
- 23 Mad
- 26 Dealer in rocks
- 30 Oodles
- 31 Aries
- 32 Aviation-related
- 33 Tremble
- 35 Sleep soundly?
- 36 Lummo
- 37 — relief
- 38 Nick
- 41 Press for payment

- 42 Wrestling surface
- 45 Out of control
- 46 Divers' gear
- 48
- Unembellished
- 49 Toward the stern
- 50 Utter failure
- 51 Oklahoma city
- 52 Prepare Easter eggs
- 53 "How clumsy of me!"

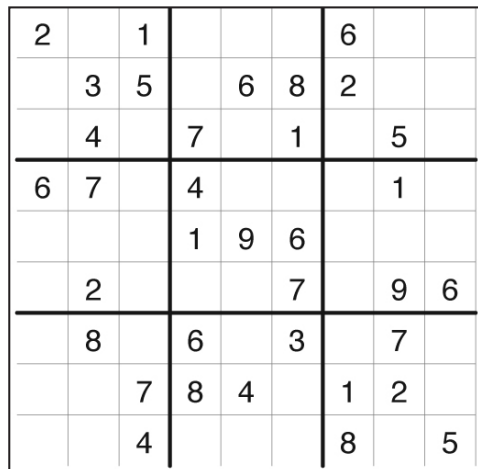
DOWN

- 1 Legislation
- 2 Vicinity
- 3 Urban area
- 4 Shriek bark
- 5 Ballerina Shearer
- 6 Coffee shop vessels
- 7 Encountered
- 8 Washes without water
- 9 Bellow
- 10 Multinational money
- 11 Make one's way
- 16 Sailor's greeting
- 20 Spotted
- 21 Car "in the shop" ship: —
- 22 Item for 26-Across
- 23 Mornings (Abbr.)
- 24 "Unh-unh"
- 25 Wildebeest
- 26 Pickle holder
- 27 Writer
- Buscaglia
- 28 Blunder
- 29 Shad offering
- 31 Ump
- 34 Doo follower
- 35 Without
- 37 Montana city
- 38 Appellation
- 39 Portent
- 40 Actress
- Spelling
- 41 Go up against
- 42 Venus de —
- 43 On
- 44 Recipe measures (Abbr.)
- 46 Bankroll
- 47 Faraway craft (Abbr.)

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Crawfish Étouffée

INGREDIENTS:

- 1/3 cup all-purpose flour
- 1/2 cup vegetable oil
- 1 green pepper, chopped
- 1 onion, chopped
- 1 cup chopped celery
- 398 ml can tomato sauce
- 1 cup water
- 1 tsp Worcestershire sauce
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp lemon juice
- 3/4 tsp Creole seasoning
- 1 kg frozen cooked crawfish tails, thawed
- Hot cooked rice

METHOD:

1. In heavy Dutch oven, whisk flour and oil until smooth. Cook over medium-high heat 5 minutes, whisking constantly. Reduce heat to medium;

- cook and stir 10 minutes longer or until mixture is reddish-brown.
2. Add green pepper, onion and celery; cook and stir 5 minutes. Add tomato sauce, water, Worcestershire sauce, garlic powder, paprika, lemon juice and Creole seasoning. Bring to boil.
3. Reduce heat; cover and simmer for 45 minutes. Add crawfish; heat through. Serve with rice.

SERVES 8



Horoscopes by Sally Brompton

sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
Don't hold back today. If there is something that needs to be said then say it and don't worry what the consequences might be.

TAURUS
APRIL 21-MAY 21
If you have an hour or two to yourself today, write down all those brilliant ideas that have been flooding into your brain of late.

LIBRA
SEPT 23-OCT 23
Do something positive with your talents, something that boosts your status and reminds the world that you are someone to be taken seriously.

SCORPIO
OCT 24-NOV 22
You can be ruthless when the need arises and there is one particular thing you want so much that you will do almost anything to get your hands on it.

GEMINI
MAY 22-JUNE 21
Don't burden yourself with worries that what you need to do may not meet with others' approval. What matters is that you approve of it.

SAGITTARIUS
NOV 23-DEC 21
It may seem to you as if others are making a point of disagreeing with you every chance they get but are they really or are you overreacting?

CANCER
JUNE 22-JULY 22
The Sun's transit of the most sensitive area of your chart is likely to make this a more reflective phase, but that is not an invitation to worry yourself sick.

CAPRICORN
DEC 22-JAN 20
Start thinking ahead and planning what you would like to do when Saturn, your ruling planet, moves in your favor again on the 30th.

LEO
JULY 23-AUG 23
Something in your life has run its course and must now be left behind. Something else is coming into your life and must be embraced.

AQUARIUS
JAN 21-FEB 18
Whatever it is you are planning to do you are strongly advised to begin it immediately. The more you keep putting it off the less likely you will finish it.

VIRGO
AUG 24-SEPT 22
Your mind may be full of great ideas but what are you going to do with them all? You will get the chance to apply some of those ideas.

PISCES
FEB 19-MARCH 20
What happens today or tomorrow is likely to upset a number of things you have come to rely on, but is that really such a bad thing?

This day in history

1961: Apollo program: U.S. President John F. Kennedy announces before a special joint session of Congress his goal to initiate a project to put a "man on the moon" before the end of the decade.
1979: American Airlines Flight 191: In Chicago, a McDonnell Douglas DC-10 crashes during takeoff at O'Hare International Airport killing 271 on board and two people on the ground.
2009: North Korea allegedly tests its second nuclear device. Following the nuclear test, Pyongyang also conducted several missile tests building tensions in the international community.

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\$379

*Taxes & other fees
(including service charges): \$228

Barceló Cayo Santa Maria • 4 ★

All-Inclusive • Junior suite
May 29 - June 19 • 1 wk.

\$439

*Taxes & other fees
(including service charges): \$228

COSTA RICA

Liberia via Toronto

Occidental
Grand Papagayo • 4 1/2 ★
All-Inclusive • Deluxe rm.
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*Taxes & other fees
(including service charges): \$226

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(including service charges): \$148

MEXICO

Cancun/Riviera Maya

Occidental
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All-Inclusive • Deluxe rm.
June 20 • 1 wk.

\$699

*Taxes & other fees
(including service charges): \$292

Grand Sirenis Riviera Maya Hotel & Spa • 5 ★

All-Inclusive • Junior suite
June 20 • 1 wk.

\$719

*Taxes & other fees
(including service charges): \$292

MEXICO

Puerto Vallarta/Riviera Nayarit

Canto Del Sol Plaza Vallarta • 3 1/2 ★
All-Inclusive • Standard rm.
June 5 - 19 • 1 wk.

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*Taxes & other fees
(including service charges): \$270

Dreams Villamagna Nuevo Vallarta • 4 1/2 ★

Unlimited-Luxury®
Junior suite tropical view
with jacuzzi
June 5 - 19 • 1 wk.

\$899

*Taxes & other fees
(including service charges): \$270

SAINT LUCIA via Toronto

Coconut Bay Beach Resort & Spa • 4 ★

All-Inclusive
Deluxe garden view rm.
June 6 & 13 • 1 wk.

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*Taxes & other fees
(including service charges): \$248

DOMINICAN REPUBLIC

Punta Cana via Toronto

Occidental Grand Punta Cana • 4 ★
All-Inclusive • Junior suite
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*Taxes & other fees
(including service charges): \$324

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All-Inclusive • Standard rm.
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(including service charges): \$228



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